

IN FOCUS

The Official Publication
of the Jamaican
Canadian Association

February 1999

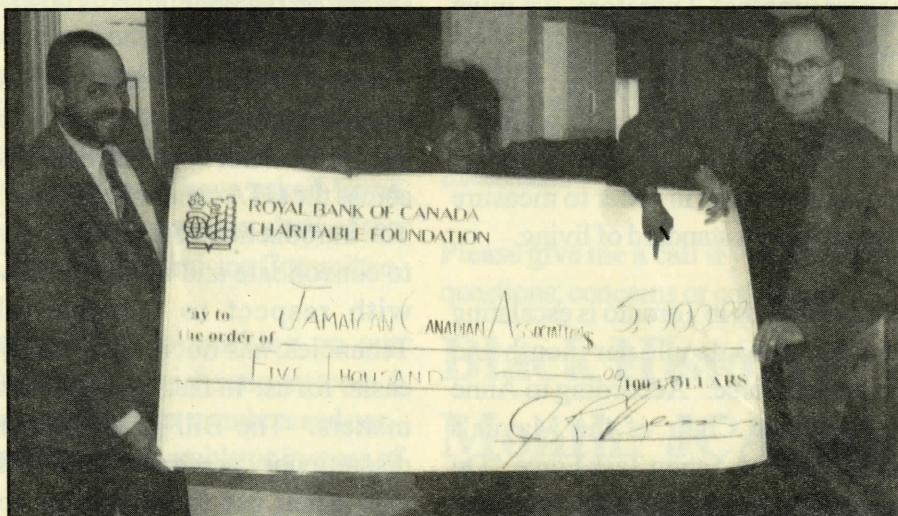
SERVING THE BLACK AND CARIBBEAN COMMUNITY FOR OVER 36 YEARS

JCA Starts Building Renovations

by Billroy Powell

The Jamaican Canadian Association (JCA) wasted little time in putting the wheels of its building renovations in motion, after receiving approval from the Royal Bank Canada for a loan of over \$ 600,000 and a donation of \$5, 000.

On Sunday, January 17, 1999, JCA convened a bidder's meeting and invited tenders from the community. The response from the bidders was encouraging. Notwithstanding, additional skilled people were still needed in the area of masonry and structural steel work. Hence, the process was extended until February 1,



Royal Bank regional Vice-President, Mr. Jack Klassen presented to JCA President Herman Stewart and Executive Director Haari Abou Korrat a donation of \$5000.00 to assist with the building renovations.

1999, in order to allow those who were prevented from attending due to bad weather a chance to participate in the process.

A number of individuals have signed-up to contribute voluntarily their skills and experience to the renovation of the JCA centre. It is anticipated that as the renovations progress more volunteers will be convinced of the need for them to participate. With the help of volunteers, JCA will be able to reduce the amount of money needed from the Bank to complete the renovations.

To support the effort of taking the least amount of money possible from the Bank, the JCA has launched a Buy A Brick campaign.

Individuals who purchase a brick for \$10.00 will receive a tax receipt and have their names inscribed on the brick they bought which will be laid around the renovated building.

President, Herman Stewart is optimistic the renovations will be completed in time to have the opening of the new community centre coincide with the 37th anniversary of Jamaica's independence and the founding of the JCA.

IMPORTANT: PLEASE ATTEND

QUARTERLY GENERAL MEETING

Sunday Feb. 28, 1999 - 2:00 pm
JCA Centre, 995 Arrow Road

(416) 746-5772

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Editorial

Homelessness transcends all communities

It is hard to imagine that anyone in their right mind would choose to live on the streets of Toronto during these cold winter months. Therefore, we must conclude that the condition of homelessness is largely the result of people's inability to cope with the economic and social obligations that are required of them in order to measure up to society's standard of living.

Homelessness in Toronto is escalating at a rate of 83 people per month and could get worse. According to Anne Golden, the Chair of the Mayor's Homelessness Action Task Force, "On any given night in Toronto there are 4,000 people in shelters." And she also said that the number is expected to rise this winter to at least 5,000 people per night. Homelessness has no preference for its victims and it transcends all communities. Therefore, it ought to be the concern of all of us who live in Canada's wealthiest city and are witnessing this unfortunate human tragedy.

The Black community and, in particular, the Jamaican community is not immune to homelessness. Many of our people through no fault of their own are living on the streets, scores are faced with eviction from their homes and thousands can barely keep up with the rent rates in this City. And of course there are those who are living in substandard accommodations.

A significant number of people in our community have to contend with low paying jobs which inhibit them from

accessing middle to high quality housing. A very common reason is their inability to get permanent full time jobs. Hence, the problem faced by most is that they simply cannot afford to pay the exorbitant rent that landlords are asking for their apartments. Besides, the government of the day has given landlord the tools to declare open season on the poor.

The devastating effects certain decisions made by the Ontario government have on communities across the GTA cannot be ignored. The introduction of Bill 96, an Act to consolidate and revise the law with respect to Residential Tenancies, has not made life any easier for us. In fact, it aggravates matters. The Bill gives greater discretionary powers to landlords who often use those powers to discriminate against tenants based on their ability to pay. The Act also gives the landlord the ability to increase the rental costs to new tenants without seeking the permission of a rent review agency.

This leaves us no choice but to call for the re-instatement of the rules and regulations which would ensure that Landlords are held accountable for their actions. Also, the rules and regulations must be supported by an enforcement mechanism or else people will continue to be forced on to the streets and into shelters. Society has the responsibility to protect the defenceless and nothing less should be accepted.

It is recognized that shelters play an important role in peoples lives in times of crisis but they do not provide permanent solution to the

acute housing shortages facing the City and the province in general. Shelters are temporary living accommodation and they are sometimes insecure and expose their occupants to the dangers of contagious diseases. Hence, the real solution to homelessness is for us as a society to provide affordable housing for people. The fact that people are down on their luck does not make them any less of a human being and they should not be reduced to living in sub-human conditions.

To halt the deterioration of our society, our governments must implement a plan to ensure that houses are constructed proportional to the needs of the citizenry. Communities should be supported financially and encouraged to participate in the creation of living accommodation so that those who are ignored by mainstream society can be assisted in a caring and sensitive manner.

IN Focus

is published by the Jamaican Canadian association, 995 Arrow Rd., North York, Ontario, M9M-2Z5, Telephone (416) 746-5772, Fax: (416) 746-7035

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Newsletter Layout: Robert Small

Letters and submissions welcome. The Editorial Committee reserves the right to edit materials for length.

President's report

By Herman Stewart, President

Best wishes for the New Year to all members and friends of the Jamaican Canadian Association (JCA).

The beginning of 1999 is filled with excited anticipation as our long awaited renovations are now underway and slated to be completed in July. Our grand opening, scheduled for early August, will be marked by a week of festivities. In true community spirit, we are inviting other community organizations to be apart of the official planning committee.

FUNDRAISING

I encourage all of our readers to be supportive of our "Buy A Brick" campaign,

be a part of our history—BUY YOUR BRICK TODAY!

Again, we have submitted proposals to both provincial and federal governments for funding of our renovations. The provincial government has directed us to forward our request to the Trillium Foundation. On behalf of the Board of Directors, I have asked Erma Collins to assume the chair of the Corporate Fundraising Committee.

In addition to working on our fundraising and renovations, I continue to assist members and non-members with problems in areas of

policing, housing, immigration and Education. We have noticed an increase in the number of requests for help in the areas of housing and health care.

Our general membership meeting planned for February will take place at the Centre.

Elections will be held in May at our Annual General Meeting to fill positions on the Board of Directors. It is time to consider your nominations, which will help to build a strong and progressive team that will lead us into the new millennium.

Please give me a call if you have any questions, concerns or comments.

Black History Month: JCA Past

"Young and enthusiastic in 1962, Roy Williams was determined that the JCA should not only provide a meeting place but a meeting point and a forum. It functioned chiefly as a social club organizing the obligatory functions, an annual picnic, dinners, and dances to raise funds. A large number of West Indian women had come to Toronto as domestic workers on contract and the JCA members were concerned that these women had nowhere to go on their day off. They were encouraged to go to the Latin Quarter Club, which was co-owned by Amy Nelson and was used as a headquarters for the Association. These social activities were soon eclipsed by the more urgent need for social action and political involvement and the Executive found itself propelled into a leading role in the struggle for minority rights and recognition."

Excerpted from Jamaican Canadians-A Commitment to Excellence

Purchase Your Official Black History Month Poster!



Left: Nurturing the Future in the Garden of Tomorrow by African-Canadian artist Robert Small.

By Pauline Tomlinson

Once again, our talented Robert Small, a former JCA staff member and volunteer for the "In Focus" publication, has designed posters for Black History Month.

The Official 1999 Black History Month Poster celebrates five of the greatest

African Canadians of the 20th century. The posters are in colour and Robert has donated 100 to the JCA for fund-raising efforts.

This year Robert celebrates the fifth year producing this poster series.

We thank Robert for his generous donation and we support this project. You can provide your support by purchasing your poster for \$5.00. Proceeds will go to the JCA building fund.

Executive Director Bits & Bites

by Haari Abou Korrat, Executive Director

Last year we informed you about two new initiatives being planned. First, Leadership in Partnership (L.I.P.) project, a partnership between the JCA and the Community Response Unit at Division 31, second, the Employment Resource Information Enterprise.

The L.I.P. program was implemented on January 25, with funding from the Solicitor General's office and a \$5,000 donation from Proaction Department of Police Division 31. The program provides counseling and support to children 7-9 years old with behavioral problems, i.e. juvenile delinquency, school violence and victimization. Teachers, parents and other care givers will be involved in the project; the goal of which is to reduce aggression, delinquency and other dysfunctional behavior through family and peer counseling. Parents who are interested in learning disciplinary techniques will be referred to JCA Parenting Program. For more information on how you may take advantage of this program, call Sandra Williams at extension 232.

We anticipate implementing the E.R.I.E. project on February 15th. The goal of the project is to assist unemployed persons in acquiring employment. Those requiring training or skills upgrade will be referred to Seneca College Resource Centre. Look for our flyers and advertisement on this new enterprise in the Share and other local agencies and establishments.

The Toronto Board of Education (North York region) has renewed its funding to the Saturday Morning Tutoring program. Parents interested in enrolling their children in this program

should contact Natalie Prince at extension 238. Natalie's interview on City TV Breakfast program earlier this month sparked an increase of inquiries and involvement from parents and others interested in volunteering to the program.

Due to renovations commencing February 15th, the following programs/activities have either been cancelled or assigned to other locations as indicated below.

Black History Month events have been suspended until next year. The Coordinator of the Parenting Program is conducting a parenting group session at Driftwood Community Centre commencing January 26, 1999. Interested parents should call Rose at extension 227.

The Violence Against Women program coordinator will be conducting a "community kitchen" project in partnership with North York Community House, Chalkfarm and Jane/Finch Community Family Centre commencing at the end of February. Women who are survivors of violence will be the beneficiaries of this project. Activities will be conducted at various locations. For more information call Rita McLean at extension 226.

The Saturday Morning Tutoring program will continue at the Driftwood Community Centre until further notice.

Please call the agency for any other program information you may

require. Your cooperation during this time of change is greatly appreciated.

New Friends - Our thanks and appreciation to Bobrick Washroom Equipment of Canada in Scarborough for their generous donation of bathroom facilities for the new community Centre and The Latta Foundation for their donation of \$500.00 toward the Camping Program.

Our sincere thanks and appreciation to all those who have participated in our Buy A Brick Campaign. Information kits have been distributed to your local Caribbean community store.

A QUICK TEST OF YOUR OBSERVATION SKILLS: Finished files are the result of years of scientific study combined with the experience of years.

Now count aloud the F's in the above sentence only once. Do not cheat, if you do the test would be no fun.

Quick Test Answer. There are 6 F's. If you found all 6 you are considered superior, if you found only 4 you are considered to be average; less than 4 ???

**The Jamaican
Canadian
Association.
36 Years
of Service and
Comittment!!**

Membership Committee Report

By Francella Moore, Membership Services Chair

We have been faced with inclement weather which I am sure has been a challenge for everyone. Remember to attire yourself and the children warmly.

The Children's Christmas party, which took place on December 6, 1998, was a success. Mr. and Mrs. Santa Claus distributed 170 gifts to the children. We would like to thank Mr. and Mrs. Claus for taking the time out from their busy schedule to entertain the children.

A special thank you to all the people who assisted us in helping to make the event a success. Also, to the businesses and individual listed below for the donation of foods.

Kentucky Fried Chicken restaurant
Peak Frean Bakery
Harvey's Restaurant
McDonald Restaurants
A & B Bakery
Fancy Pride Pastries
Pauline Tomlinson

follows:
\$30.00 Family
\$20.00 Individual
\$10.00 Youth
\$5.00 Seniors

If you haven't renewed your membership now is the time to do so. In order to qualify to vote on May 30th at the Annual General Meeting and your fee must be received by March 31. We would like you to encourage a friend or relative to join the JCA as we are counting on you to make JCA stronger. Membership fees are as

Please inform us if you know of a member who is sick, passed away or would benefit from a visit by the visitation group.

If you have not received any mailings or calls from us informing you of our events, do not hesitate to call the office and leave your complete address and telephone number so that we can update our records.

JCA Christmas Party

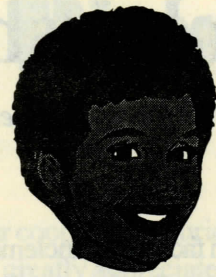


Above: Nathan Hislop recieves his Christmas gift from Mr. Claus.



Left: Nathan Conville receives his Christmas gift from Mrs. Claus.

Women's Space



Did You Know?

Submitted by Eunice Graham

The Universal Negro Improvement Association was launched by Marcus Mosiah Garvey on August 12, 1914 in Jamaica.

Amy Jacques Garvey, (born in Jamaica in 1896), second wife of Marcus Garvey was also active in the organization. While she held no specific office, it would have been hard to find anyone with greater influence in the UNIA, save for Marcus Garvey himself. Among her myriad activities was the editorship of the Women's Page in the UNIA newspaper, Negro World.

Amy Jacques Garvey's views were surprisingly close to those of women activists who emerged at the turn of the century, though the movements they represented could not have had less in common. The UNIA was a grass roots organization which drew working class Blacks into its ranks. Amy Jacques Garvey's columns praised socialist movements throughout the world, especially as they affected the development of women. She believed that women were a "humanizing" force and the "center of the present and future of civilization." She asked Black women to contribute their ideas to her column so that they could "show the world the worth and ability of Black women, and gain the appreciation of our own men whose lives are guided by our influences and who get inspiration from us."

As earlier women activists had

discovered, such ideas bring out an inherent feminism. It was again true in the mid-twenties, when the UNIA began to fall apart and frustrated men felt more secure if women were kept in their place. At a UNIA convention in this period,

**She believed
that women
were a
"humanizing"
force and
"the center" of
the present and
future of
civilization"**

M.L.T. DeMena complained: Women were given to understand that they were to remain in their places, which meant nothing more than a Black Cross Nurse or a general secretary of a division. But it was Amy Jacques Garvey who delivered the most scathing criticism:

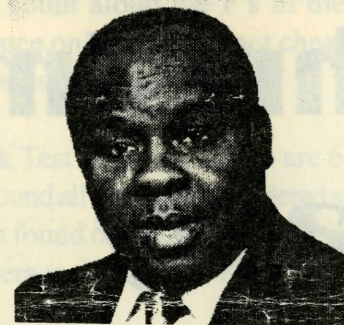
"If the United States and Congress can open their doors to White women, we serve notice on our men that Negro women will demand equal opportunity to fill any position in the Universal Negro Improvement Association or

anywhere else without discrimination because of sex. We are very sorry if it hurts your old fashioned tyrannical feelings, and we not only make the demand but we intend to enforce it"

In 1925 when the UNIA's militancy began to wane, Amy Jacques Garvey warned: "we are tired of hearing Negro men say "there is a better day coming" while they do nothing to usher in the day."

Amy Jacques Garvey was a dynamic and highly respected activist who was not widely acknowledged in writings about the UNIA's and Marcus Garvey's achievements.

Source: Excerpt from 'Where I Enter' by Paula Giddings



Bereavement

The JCA wishes to extend its deepest condolences to the family of Mr. Rekord Emanuel Lawrence who recently passed away.

Mr. Lawrence worked for the Metropolitan Toronto Police Force for 27 years and was very involved in the community. He was a valued member of the JCA and the Caribbean Seniors' Club.

Fundraising Committee Report

By Patricia Williams, Fundraising Chair

The fundraising committee wishes all of our members and supporters good health, good luck and our very best wishes to you and your family throughout 1999.

The New Years Eve Gala was a tremendous success. For those of you who chose to spend the evening with us, it was a joyous and splendid occasion. We missed those of you who could not attend.

On behalf of the JCA I would like to thank the Heritage Singers for donating \$1,220 to the JCA Building Fund from the proceeds of their annual Pantomime which was held on the weekend of December 13, 1998. We would also like to thank the ticket agents for their support, which enabled the Heritage Singers to keep their promise of donating 50% of ticket sales to the JCA Building Fund. The

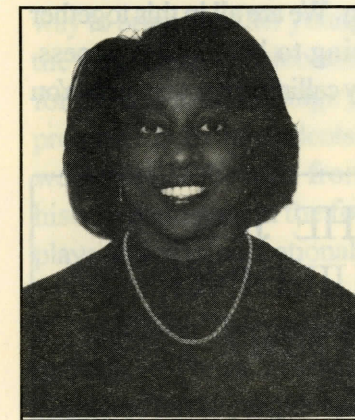
group's name will be added to our wall plaque.

WALK-A-THON

We are currently planning for this years walk-a-thon and welcome your continued participation and support.

If you should require more information, please call the office and provide your support to our progressive fundraising campaign.

Staff Profile: Sandra Williams



Hello, my name is Sandra Williams, and I would like to introduce myself to you as the newly appointed 'Leaders in

Partnership co-ordinator. It is with pride, dignity and full commitment to the black community that I will carry out my duties and responsibilities as expected of me.

I was born in England of Jamaican parentage. In 1992 I visited Toronto as a student. My professional training provided me with a one-month placement at the Toronto Don Jail and River Street Probation Office. Family connections and an interest in the Canadian Criminal Justice System prompted my recent move to Canada.

In 1982, I became an active volunteer for the Probation & After Care service.

Following several years of voluntary work, I decided to enter into the area of Divorce Court Welfare (another dimension of the Probation Service in England).

"I have been given the opportunity to make some direct contributions in bringing about positive changes in the lives of Black and Caribbean children."

Having developed a passion and commitment to community work, I later trained as a Samaritan. As a Samaritan volunteer, I was able to provide a confidential listening service to callers in distress, lonely or suicidal.

In 1986, I decided to embark upon

a career within the caring services. In 1989 I attained a BA (Hons) in Sociology. In 1993 I was awarded the MSc in applied Social Studies and the CQSW (Certificate and Qualifications in Social Work) at the University of Oxford. Following my professional training, I have since worked extensively with juvenile offenders, survivors of sexual abuse and adolescents in crisis. I have also assisted in the management of community group homes for adolescents in crisis and secure units for young people considered emotionally disturbed or presenting a serious risk to the community. My last assignment was with the Inner London Probation service, (the largest probation service in Europe). In my capacity as Probation Officer, I worked with a diverse client group, many of whom with multiple social problems.

I am delighted that I have been given the opportunity to make some direct contributions in bringing about positive changes in the lives of Black and Caribbean children.

JCA Public Relations and "U"

By Fred Irving, Public Relations Chair

Six months have passed since I was elected chairman of JCA Public Relations Committee. I had a vision for public relations; In my vision I could see JCA making headlines in the mainstream newspapers, Radio and TV.

As you my readers well know, we are an institution in our community, however, our initiatives are not viewed as headline breaking news. Therefore, we are not given adequate coverage by the Sun, Star, Globe and Mail or National Post. This is a challenge for our Public Relations Committee; another is the need to have a committee willing and able to take over the publication of the "In Focus" newsletter. This is where we need volunteers with basic writing skills to contribute to a quality publication.

PR is for publicity and there are only two ways to get it, one you pay for it by Cheque, Cash, Money order or Credit card, two, you get it free. To get it for free you need wit, a gimmick and hard work. On my quest to learn about Public Relations, I read and visited publicity firms. At one such institution, a plaque on the wall read "He who has a thing to sell and goes and whispers in a well is not so apt to get dollars as he who climbs a tree and hollers." In JCA, I thought the PR program could work the same way. When paraphrased it becomes "He who has JCA to share and doesn't spread the news anywhere may find himself by spring or fall with no JCA to share at all. Okay not really quite so drastic but spreading the news is really

what PR is all about. As the verse above points out, publicity is vital to JCA's success. We need a committed and enthusiastic team to work with our existing committee: Amy Nelson, Frank Wallace, Shirley Blake, and myself.

How to become a PR specialist? It's as easy as 1-2-3.

Some of what I have learnt in the past six months include:

Make it a goal to tell one person each day about JCA. It may be as simple as "I bet you would like the JCA as much as I do. If the person asks what is JCA. Be prepared to answer quickly and clearly. "JCA is a charitable organization serving the Caribbean and Afro Canadian community for over 36 years, or make up something yourself and ultimately invite them to a JCA function.

Show your pride. As you read this you are wearing a JCA T-shirt, visor or pin (okay people in pajamas are excused). Carry some JCA cards with you and hand them out. Thanks to Brother Lewis. Use JCA's coffee mugs as presents. These eye catching mugs, cards pins etc. cost little but do much.

Put it in writing. Although written Publicity is PR committee's responsibility, the printed word is everyone's domain and you do not have to be a great writer to communicate effectively in writing. These days, anyone with a typewriter or computer can create an easy to read eye-catching flyer in minutes. These can be posted in

community centers, post offices, grocery stores, hairdressing parlors or barbershops. Be sure to add tear offs with JCA's telephone number (416) 746-5772 or mine (416) 410-3482. Tear off the first number before posting, experience has taught me no one wants to be the first to do it. Instead of throwing out old copies of In Focus, why not use them as public relations tool. Leave them in your doctor's or dentist's office, church hall, or other places you visit. See PR is as easy as 1-2-3.

If you have basic communication skills, the JCA PR committee is the place to practice. Join up or encourage a friend to become part of our team. We are all in this together and we are going to be a great success. They are already calling but not enough. You can help.

THE JCA
BUILDING
FUND.

TOGETHER
WE CAN
DO IT.



Calling all tutors!

By Natalie Prince, Coordinator, Mentoring Program

Many of our children are struggling with their academic work in school and often need remedial tutoring and help with their homework.

The Saturday Morning Tutorial and Heritage Program was envisaged more than 8 years ago to bring together students needing help and volunteers who were willing to spend their Saturday mornings helping students get a leg up on their school work. The program was also a way to bring together young people from the Caribbean to celebrate their culture for the one hour heritage portion of the program. Both the students and the tutors were able to benefit from our shared history presented in the form of games, plays and other educational activities.

8 years later the program has surely grown. There are many children registered for the program as well as young people who are able to come out and lend a helping hand tutoring. Now as the Program expands, we are experiencing growing pains. Currently there are almost 20 students on a waiting list because there are not enough volunteers to offer the one on one tutoring help that these students so badly need.

There are many benefits to spending time tutoring our children on Saturday mornings. One of the foremost benefits is that tutors get a chance to shape young minds. They can show a student by example that education is important and worth pursuing. Moreover tutors also have an opportunity to learn about our shared heritage alongside the children they are tutoring. Tutors also get to interact with a

dynamic group of young people with diverse experience.

If you are interested in being a tutor please call 746-5772 extension 238. Your help is greatly needed.

Jamaica on the Internet

By Carolyn Goulbourne-Warren, JIS Information Officer

For students doing research, or Jamaicans living overseas who want to keep in touch with the country of their birth, the Internet is a god-send. By surfing the Internet and with the click of a button you can have a wealth of information at your fingertips. Whether it's a government agency, media house, bank or social service agency, they are all listed on the Internet.

One useful sight is that of the Jamaica Information Service (JIS). Located at www.jis.gov.jm it carries a daily synopsis of news taken from Jamaican newspapers and the Jampress news agency. Do you need to find the address or telephone number of a government ministry? Then this is the place to look. Also at this site are excerpts of some of Prime Minister P.J. Patterson's speeches, and information on Jamaica, its people, history, culture, the national symbols, religion, and economy.

There are also links to other sites such as:

Jamaica Tourist Board (JTB)
www.jamaicatravel.com
JAMPRO
www.jamaicainvest.com

Radio Jamaica Ltd. (RJR)
www.radiojamaica.com
University of the West Indies
www.uwimona.edu.jm
Jamaica Homes Online
www.jamaicahomesonline.com
National Library of Jamaica
www.nlj.org.jm
Embassy of Jamaica
www.caribbean-online.com/jamaica/embassy/washdc

At the JTB site you can find a list of events coming up in Jamaica such as Reggae Sunsplash plus information on resort areas, accommodations and the weather. Although the Embassy of Jamaica's website in Washington D.C. has specific information on the services offered by the Embassy, there is general information on topics such as passports and returning residents which are useful no matter where you are. JAMPRO, the government's economic and investment agency, will give you tips on how to start a business in Jamaica among other things. If your computer has a sound card you can actually listen to news at the RJR website. Jamaica Homes Online has news on the housing sector, exchange rates and a currency converter for those wondering how much Jamaican dollars they will get for a certain amount of Canadian dollars.



IMPORTANT NOTICE

The JCA Nominating Committee is seeking qualified candidates to run for office on the Board of Directors at the Association's Annual General Meeting set for Sunday, May 30, 1999. Positions that will become vacant are as follows:

- ❖ Vice-President
- ❖ Executive Secretary
- ❖ Treasurer
- ❖ Public Relations Committee Chair
- ❖ Membership Committee Chair
- ❖ Education Committee Chair
- ❖ Building Committee Chair

As we enter the new millennium and assume new responsibilities for our newly renovated community centre the onus is on us to respond with vision and commitment in order to make the Association strong.

Interested individuals may call the JCA Office and leave a message for the Nominating Committee.

Travel

Kenya, Memories for a life time

Lisa Chin Quee

Part 1

As I walked in the late afternoon Kenyan sun herding cattle, the sense of a presence behind me made me turn around to see all 8 feet of giraffe, standing tall and regal as it were itself appreciating the beauty of the tranquil, green, rolling landscape it called home. I stood in awe as I thought maybe I was in a dream, I waited for someone to pinch me. But it was not a dream it was real, and all I could do was snap a photo in my mind's eye to carry forever. That precious moment is only one of many memories I have of my trip to Kenya, Africa almost 10 years ago.

Growing up I always had the desire to travel, however, there were places I believed needed more than the usual tourist visit - you know two weeks, beach etc. Africa was one of the places I felt I needed to visit not as a tourist but to know as an African. I wanted to know more about my ancestors, although they probably did not originate from Kenya or North East Africa. I chose Kenya. I wanted a feel of the culture, the political atmosphere, relationships, food etc. And so I decided

to go as a volunteer teacher with Crossroads International, and was able to stay for 4 months. Although I acknowledge that 4 months is not enough time to understand fully all the things I wanted to know but it was enough to get a taste.

Jambo! When translated the Swahili word means hello. As one walked on the streets of Nairobi one was sure to be greeted by passing strangers with a "Jambo". Kenya's population is made up of majority African (Kikuyu, Masai, Luo, Asians and Europeans.) The mixture of these three groups offers a myriad of history and culture. At the various restaurants I was able to choose samosas, ugali (cornmeal mixture) or pizza.

As I walked through the markets of Mombasa on the coast of Kenya, I was reminded of the markets in Jamaica where someone was always selling their wares for "a good price". Mombasa is home to many of the Arabs who call Kenya their home. The laid back atmosphere, sandy beaches

reminded me so much of Jamaica, only they did not speak Patois but English or Swahili.

Once I left Mombasa, I started my journey to Lamu, an island off the coast. The weariness of an eight-hour bus ride and boat ride quickly dissipated as I walked through the narrow streets of Lamu. Tourists and locals filled the air with conversation and laughter. It was an island that was virtually untouched by modern conveniences. There were no cars, buses, trucks; the only form of transportation was a donkey. As a matter of fact as I stepped onto the shores of Lamu, there sat a bold sign on two posts, which sent a message demanding that respect be shown for their culture and way of life. The fishermen lined the shores with dhows (small boats). The beaches were as blue and calm as the sky. It was truly paradise.

Stay tuned for the next issue of Infocus when Lisa shares more of her journey to Kenya.

Correction

Lisa Chin Quee also wrote the last Travel article on Israel

*"Love can never be
found inside of a fist!"*

The JCA Violence Against Women Program

Services are free and confidential.

Immediate appointments.

Contact:

Rita McLean (416) 746-5772

ANNOUNCEMENT

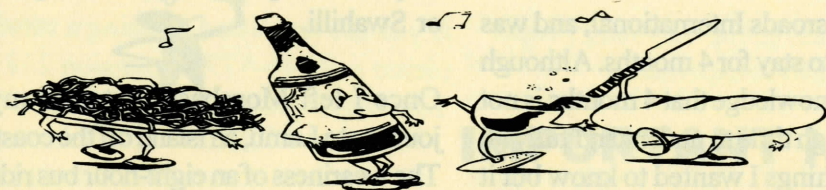
Would you like to help an adult learn to read and write?
Can you spare 2 - 4 hours a week? Do you live in the west end of Toronto?

Volunteer tutors needed!
For Tutor Training please call
ALFA at:

(416) 652-3652.

Cook's Corner

Submitted by Lisa Chin Quee



Hardough Bread

Ingredients:

6 cups bread flour 1 pack
yeast (about 2 tablespoons) 1
teaspoon salt
1 pt of warm water ¼ cup
sugar 4 oz. shortening
Milk or egg white for glazing

Pour flour in a warm bowl

Add shortening to flour and cut
in with a knife

Add yeast, sugar, and salt

Add warm water

Knead until soft and roll out

Put in a warm place to rise
approx. twice in size

Glaze with milk or egg white

Bake at 350F until done

Source: JamCan, 1998

Souvenir Edition

Fountain Pen
William Pervis

Type writing machine
Leo Burridge

Advanced printing press
W. A Lovette

Lawn Mower
John Burr

Automatic Gear Shift
Richard Spikes

Supercharge System for internal
Combustion engines
Joseph Gammel

Traffic Signals
Garrett A. Morgan

Refrigerator
John Standard

Heating Furnace
Alice Walker

Air Conditioner
Frederick Jones

Electric trolley (precursor to bus)
Elbert R. Robinson

Elevator
Alexander Miles

Mailbox
Phillip Downing

Filament within lightbulb
Lewis Howard Latimer

Kids Corner

Submitted by Lisa Chin Quee

Can you imagine a day without these inventions? As we attend to our daily activities, inventions by Blacks affect every aspect of our lives. The list below provides some names of those people who made some worthwhile contributions to our world of science and technology.

Performed first open heart surgery
Dr. Daniel Hale Williams

Invention to preserve blood leading to
Development of blood bank
Charles Drew

Ironing Board
Sarah Boone

Comb
Walter Sammons

Brush
Lydia O. Newman

Hair Care
Madame C. J. Walker

Dustpan
Lloyd P. Ray

Mop
Thomas W. Stewart

Clothes dryer
George T. Samon

Pencil Sharpener
John Love

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